

CATARRH IS STAGNATION PERUNA IS INVIGORATION

Catarrh means inflammation. Inflammation is the stagnation of blood—the gorging of the circulation with impure blood. Of course you can't be well under this condition. It means, headaches, indigestion, kidney trouble, coughs, colds, etc.

Peruna By assisting nutrition increases the circulation, invigorates the system, removes the waste matter and brightens you up.

Over 44 Years
Of service to the public entitles it to a place with you.

It Makes Good
The Peruna Company, Columbus, Ohio
You can get Peruna in tablet form for convenience.

Citing an Exception.

Henry—But what is the use in arguing the matter. One can't get more out of a bottle than there is in it.
Omar—Oh, I don't know. I had a bottle containing a quart of liquor once, and I got a big head and a \$10 fine out of it the next morning.

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of old, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

It is easy to get around anyone you can manage to see through.

Stop That Ache!

Don't worry along with a bad back. Get rid of it. It's a sign you haven't taken care of yourself—haven't had enough air, exercise and sleep. Probably this has upset your kidneys. Get back to sensible habits, and give the kidneys help. Then, it's kidney backache, the dizziness, lameness and tiredness will disappear. Use Doan's Kidney Pills—the best recommended kidney remedy.

An Oklahoma Case

"Every Picture Tells a Story"
Mrs. H. Christensen, 228 W. Chickasaw Ave., Oklahoma City, Okla., says: "My kidneys bothered me terribly and doctors' medicine didn't help me. I could hardly get around and my back pained awfully. I had dizzy and nervous spells and lost strength and ambition. Doan's Kidney Pills helped me from the first and before long, fixed me up all right."

Get Doan's at Any Store. 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure
CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver.

Stop after dinner distress—cure indigestion, improve the complexion, brighten the eyes. 5M/4 PILLS, SMALL DOSE, SMALL PRICE.
Genuine must bear Signature

Black Leg
Loses Surely Prevented
By Carter's Little Liver Pills. Low priced, fresh, reliable; preferred by Western stockmen, because they protect where other vaccines fail. Write for booklet and testimonials. 10-dose package, Black Leg Pills \$1.00. 30-dose package, Black Leg Pills \$4.50. Use any medicine, but Carter's best.

The superiority of Carter's products is due to over 15 years of specializing in vaccines and serums only. Favor us Carter's. If unsatisfactory, order direct. The Carter Laboratories, Berkeley, Cal., or Chicago, Ill.

WESTERN CANADA'S GREAT HARVEST

Decidedly Encouraging From Every Standpoint.

Speaking of conditions generally in Canada, the most encouraging feature of the year, from a trade and financial standpoint, has been the bountiful harvest of the Northwest, where a greatly increased area under cultivation has given the highest average yield in the history of the country. It is estimated that the grain crop of Manitoba, Saskatchewan and Alberta has a market value to the producers of approximately four hundred million dollars, in the use of which we may anticipate not only the liquidation of much indebtedness, but the stimulation of current trade.

The annual reports of the various banks throughout Canada are now being published. They savor of optimism all the way through, and, contrary to what might be generally expected in war times, business is good everywhere.

The General Manager of the Bank of Montreal at the recent annual meeting said: "The position of Canada is a highly favored one, with an assured future of growth, development and general prosperity."

In the same report it is said that the Canadian West "has recovered to a marked extent from the economic dislocation of a year ago."

The season's wheat and other cereal crops have exceeded all previous records in quantity and quality, and, despite the enormous yield, prices have been uncommonly well maintained.

It would be difficult to exaggerate the importance of these results to the Prairie Provinces—and the Dominion at large.

The prosperity of those engaged in mixed farming and ranching is most encouraging.

The flour mills in Manitoba, Saskatchewan and Alberta are busy and are doing well. Their combined daily capacity is about 27,000 barrels.

The large advances of the Dominion Government to farmers in certain districts, principally in the form of seed, were made very opportunely and have been amply justified by the very large crop yield in those districts.

Business in many important lines is good and should continue to improve as returns from grain yet to be marketed are received.

The general business outlook has been transformed by the large crop.

The returns of the gross earnings of Canadian railroads for November show those of the Canadian Pacific increased \$1,796,000 or 78 per cent for the last nine days of the month. Compared with same month year ago, increase no less than \$5,291,000 or 47.6 per cent against a 46 per cent gain in October, and a decrease of 4 1/4 per cent in September.

H. V. Meredith, of the Bank of Montreal, in a recent address delivered at Montreal, declared that the most encouraging feature from a trade and finance standpoint had been the bountiful harvest of the Northwest, where the greatly increased area under cultivation had given the highest average in history of the country. He estimated the grain crop of the three provinces at a value of over \$400,000,000, and said that such remarkable results would have the effect of attracting the tide of immigration to our shores, when the world is again at peace. The restoration of a favorable balance in our foreign trade is a factor of supreme importance at the present time.

It is the general opinion in the East that the 1915 grain crop in the Prairie Provinces not only put the whole Dominion in a sounder trade and financial standing, but that it will also result in a big increase in immigration to the West of agricultural settlers, who will include capitalized farmers from Europe and the United States as well as homesteaders—Advertisement.

The success of a nurse girl depends on her attention to little things.

TRY THIS EASY WAY TO CLEAR YOUR SKIN WITH RESINOL SOAP

Bathe your face for several minutes with Resinol Soap and warm water, working the creamy lather into the skin gently with the finger-tips. Then wash off with more Resinol Soap and warm water, finishing with a dash of clear cold water to close the pores.

Do this once or twice a day, and you will be astonished how quickly the healing, antiseptic Resinol medication soothes and cleanses the pores, removes pimples and blackheads, and leaves the complexion clear, fresh and velvety. In severe cases a little Resinol Ointment should also be used. Resinol Soap is sold by all druggists.—Adv.

If love were contagious girls would work overtime to catch it.

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria.

Every time some people bury the hatchet they dig up a hammer.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute of Chicago.)
(Copyright, 1915, Western Newspaper Union.)

LESSON FOR JANUARY 23

THE SPIRIT OF LIFE.

LESSON TEXT—Romans 8:12-20.
GOLDEN TEXT—As many as are led by the spirit of God, these are the sons of God.—Rom. 8:14.

The connection of this lesson with the others of the series is in the fact that this chapter is a panegyric regarding the spirit-filled life, the coming of which we have so recently studied. Read prayerfully in this connection Gal. 5:22, 26. We somehow feel that we ought to study this entire chapter rather than that portion assigned. The key to the whole is found in verse thirty-seven, "We are more than conquerors." If conquerors, how be more than conquerors? Very simple. Some victories leave the victor so exhausted that he cannot possess nor enjoy his victory; not so the spirit-filled Christian for he is "more than conqueror."

Previously in this epistle the spirit is mentioned but once (5:5); in this chapter he is mentioned nineteen times. Over what is the spirit-filled man conqueror?

I. Over the Condemnation of Sin, v. 1. The spirit-filled Christian lives in another realm than that of the flesh (v. 9). The spirit removes us from the realm to that of the spirit, quickening us (i. e., making us alive who were dead in sin) to condemn sin in the flesh and enabling us to "walk not after the flesh, but after the spirit."

II. Conquerors Over the Power and Dominion of Sin, vv. 2-4. While we still have the body yet it is our privilege, through the spirit's power at work within us, to put to death its deeds every day and each minute (Gal. 5:16, 22, 23). To live otherwise is to displease God (v. 8). Those who surrender their lives to the control of the indwelling spirit are "sons of God" and therefore "free from the law of sin and death" (v. 2), for the same spirit that "raised from the dead" (v. 11) not alone makes us sons but gives us the same power.

III. Conquerors Over Fear, v. 15. The righteousness of the law is fulfilled in us "who walk not after the flesh but after the spirit" (v. 4) and having received the "spirit of adoption" (i. e., being placed as sons) we cry out before God in terror, nor call him a tyrant, or even ruler, but exclaim "Abba, my father." As "sons" we are spiritually minded and have "life and peace" (v. 6, Gal. 4:6).

IV. Conquerors Over Suffering, v. 18. We are joint heirs with Jesus "if so be we suffer with him." Our position and heirship in Christ involves our participation in his sufferings (Gal. 6:17, II Tim. 2:11, 12, Acts 14:22). What we often call afflictions are only discomforts and frequently the results of our own foolish carelessness. But as contrasted with his glory there is no comparison. Only eternity will enable us to comprehend what it means to be made perfect through suffering (Phil. 3:10, II Tim. 2:12, Heb. 5:8). If we are heirs of all God has and all that God is, we are likewise an heir just as Christ is, and to the extent that Christ is an heir and hence to his sufferings (we suffer with him) though we are even there more than conquerors for like him we too shall rise triumphant "over all things."

V. Conquerors Over Vanity, v. 20. This glory is contrasted with the creation now subject to vanity, but which is in degradation by comparison. The creature (v. 21) (i. e., creation) was made subject not willingly but by reason of him who subjected it in hope that the creation should yet be delivered from the bondage to the principles of death and decay into the glorious liberty, or the liberty of the glory, of the children of God.

VI. Conquerors Over Infirmities, v. 26. The believer's all-sufficiency and perfect security in the Lord Jesus. We may not have all we want yet we have all we need (Phil. 4:19). This sufficiency is in the privilege we possess in praying "according to the will of God"—we know not how to pray as we ought but the spirit maketh intercession for us (v. 26); so also Christ, "who is at the right hand of God," intercedes for us (v. 24). The spirit knows the mind of God the father, teaches us how to pray and at times places a yearning in our hearts too deep for our own comprehension.

Even God must search the heart to know the mind of the spirit (v. 27) and in this God does "exceeding abundantly above all that we ask or think" (Eph. 3:20).

VII. Conquerors Over All Things, v. 28. The crowning privilege the spirit-filled life has, is in knowing that all things work together for good and hence we are free from all possible anxiety of heart under any and all circumstances. Whatever comes to me is a part of his "all things" and therefore I should be grateful because the outcome will be good. We are not fore-ordained to salvation irrespective of what we may be or do but we are fore-ordained as believers "to be conformed to the image of his son" (v. 29). Thus those who become candidates are those elected.

Remember This, Fellows.
One may forgive foolishness, but that doesn't overcome the annoyance it imposes.—St. Louis Globe-Democrat.

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your Eyes young and you will look young. After the Movies Murine Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago. Sends Eye Book on request.

Heading Him Off.
"This war is exhausting Europe, and—"
"It's making me mighty tired, too. Can't you talk about something else?"

COVETED BY ALL

but possessed by few—a beautiful head of hair. If yours is streaked with gray, or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing. Price \$1.00.—Adv.

Willing to Try.

Mrs. Peck—They've talked over 2,500 miles by wireless. I wonder if you could hear me that far away, Henry?

Henry Peck (wistfully)—I wonder! —Judge.

ALWAYS LOOK YOUR BEST

As to Your Hair and Skin by Using Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. These fragrant, super-creamy emollients preserve the natural purity and beauty of the skin under conditions which, if neglected, tend to produce a state of irritation and disfigurement.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Proved.

"One-eyed" Winston was a negro preacher in Virginia, and his ideas of theology and human nature were often very original. A gentleman thus accosted the old preacher one Sunday:

"Winston, I understand you believe every woman has seven devils. Now, how can you prove it?"

"Well, sah, did you eber read in de Bible how seven devils were cast out Mary Magdalene?"

"Oh, yes, I've heard of that."

"Did you eber hear of 'em being cast out any other woman, sah?"

"No, I never did."

"Well, den, de odders still got 'em yet."

Business Man.
Despite his illiteracy, Mose Belt, a leading citizen of an Alabama town, has gathered quite a competency from his whitewashing and calculating trade.

Recently, during the course of some business with a notary, the latter produced a document, saying:

"Sign your name here, Mose."

"Look heah," said Mose, with offended dignity, "I doesn't sign mah name, sah. I 'ke a business man, an' has no time for dem trifling details. I always dictates mah name, sah."

Best Place.
"I want my advertisement put next to pure reading matter."

"All right; we'll put it right next to the most sensational murder on the page."

Promissory notes are in reality nothing but paper waits.

DO YOU GET UP WITH A LAME BACK?

Have You Rheumatism, Kidney, Liver or Bladder Trouble?

Pain or dull ache in the back is often evidence of kidney trouble. It is Nature's timely warning to show you that the track of health is not clear.

Danger Signals.
If these danger signals are unheeded, kidney trouble in its worst form may steal upon you.

Thousands of people have testified that the mild and immediate effect of Swamp-Root, the great kidney, liver and bladder remedy is soon realized—that it stands the highest for its remarkable curative effect in the most distressing cases. If you need a medicine, you should have the best.

Lame Back.
Lame back is only one of many symptoms of kidney trouble. Other symptoms showing that you may need Swamp-Root are, being subject to embarrassing and frequent bladder troubles day and night.

SPECIAL NOTE—You may obtain a sample size bottle of Swamp-Root by enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y. This gives you the opportunity to prove the remarkable merit of this medicine. They will also send you a book of valuable information, containing many of the thousands of grateful letters received from men and women who say they found Swamp-Root to be just the remedy needed in kidney, liver and bladder troubles. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample size bottle. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing be sure and mention this paper.

Perseverance Rewarded.
A prominent writer, who likes a drop of two with his meals, goes occasionally to a cafe on Broadway for luncheon. He makes a point of sitting at the same table whenever possible, so that he has become fairly well acquainted with the waiter in charge of that table. This particular cafe is one of the few in New York where the waiters are colored men.

The other day he slipped into his favorite place and reached for the menu. In an instant the waiter, whose name is Gabe, was hovering over him.

"I s'pose you wants a little Scotch and worter to start off wid?" said Gabe, remembering mighty well his patron's habit.

"No, Gabe," said the patron; "no Scotch today. I've finally found the kind of liquor that suits me."

"Well, sah," said Gabe in tones of honest admiration, "you suttinly kep' on twell you found it, didn't you?" —Saturday Evening Post.

Surely Not the Old Crowd.
"Ah, my boy," said the millionaire, "I hear that you are going the pace that kills."

"Pshaw! Don't believe everything you hear, dad," answered the glided youth. "I've been told that my escapades are nothing as compared to yours when you were a young man."

"Ahem! That's absurd. I—er—Who have you been running with, anyhow?"

How to Work It.
Bobbs—I wish I could get my wife to come home, but she'll stick till the last dance is over.

Bobbs—I'll tell you how to do it.

Bobbs—How?

Bobbs—Just dance three times in succession with the pretty girl in the bright red dress, and she'll take you home in a hurry.

Matrimonial bonds are always a source of revenue to ministers.

Enforcement.
"Peace on earth" is my motto.

"It's a good motto. But good mottoes are as hard to enforce as good laws."

War Spares the De Reszkes.
Jean de Reszke has written to a friend in this city he has news from his native Poland to the effect that his properties have not suffered very much from the war and in their province complete calm reigns. He says that while his brother Edouard has suffered from rheumatism he is now beginning to mend. He also wishes to thank his American friends for their interest and sympathy, and adds that he has resumed his teaching of singing in Paris.

Woman began her career as a rib; now she is the whole umbrella.



Swamped

When a man's efficiency is on the decline—when after a long day of effort the mass of work still stares him in the face—it's time to find out what's wrong.

Frequently a lack of certain necessary nutritive elements, in the daily diet, lessens mental and physical activity. A prime factor in efficiency is right feeding.

No food supplies, in such splendid proportion, all the rich nourishment of the field grains, for keeping the mental and physical forces upbuilt and in trim, as

Grape-Nuts

Made of whole wheat and malted barley, this famous pure food supplies the vital mineral salts, often lacking in the ordinary daily diet, but imperative in building sturdy mental, physical and nervous energy.

Then, too, there's a wonderful return of power for the small effort required in the digestion of Grape-Nuts, which, with cream or good milk, supplies complete nourishment.

"There's a Reason" for Grape-Nuts
Sold by Grocers everywhere.